

## > healthybehaviors

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <li>❑ Policy to prohibit tobacco &amp; alcohol sponsorships for events or activities</li> <li>❑ Policy that prohibits tobacco sales on campus</li> <li>❑ Policy that limits or prohibits smoking in outdoor recreation facilities</li> <li>❑ Policy to increase compliance with Utah Indoor Clean Air Act including the 25 ft. rule</li> <li>❑ Policy to prohibit the sale and free distribution of all tobacco &amp; alcohol products on campus</li> <li>❑ Policy to prohibit tobacco &amp; alcohol advertisements on campus to include student-run publications</li> <li>❑ Policy to prohibit the use of smokeless/spit tobacco in all indoor facilities</li> <li>❑ Compliance with the Drug-Free Schools &amp; Community Act</li> </ul>	<ul style="list-style-type: none"> <li>❑ Campus coalition meets to assess &amp; confront substance abuse problems</li> <li>❑ Promote &amp; distribute campus ATOD policies</li> <li>❑ Provide Alcohol, Tobacco &amp; Other Drug screening &amp; treatment or referral</li> <li>❑ Provide ATOD prevention/education program</li> <li>❑ Offer course on Substance Abuse for credit</li> <li>❑ Conduct assessment of current activities regarding alcohol &amp; tobacco sales, distribution, sponsorship and advertising</li> <li>❑ Clearly identify non-smoking areas with signs</li> </ul>	<ul style="list-style-type: none"> <li>❑ Participate in statewide Higher Education Health Behavior Survey</li> <li>❑ Increase number of smoke-free outdoor recreation facilities</li> <li>❑ Increase utilization of alcohol &amp; tobacco treatment &amp; prevention services</li> <li>❑ Decrease ATOD use rates</li> <li>❑ Demonstrate compliance with the Biennial Review</li> </ul>

campus  
award  
criteria



## awardrequirements

**B**  
BRONZE

**A campus must:** have a written Healthy Campus Awards Program plan with goals, objectives and outcomes that is updated annually. Complete **3** policy criteria, **4** infrastructure criteria, and measure **2** outcomes in at least two of the six health focus areas (General Campus, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity).

**S**  
SILVER

**A campus must:** maintain Bronze status in policy, infrastructure and outcomes plus complete **2** more policy criteria **to include one that is not already in existence**, **4 additional** infrastructure criteria, and measure **2 additional** outcomes in at least four of the six health focus areas (General Campus, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity).

**G**  
GOLD

**A campus must:** maintain Silver status in policy, infrastructure and outcomes plus complete **2** more policy criteria **to include one that is not already in existence**, **5 additional** infrastructure criteria, and measure **3 additional** outcomes in **all** six health focus areas (General Campus, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity).

## > healthycampusaward

**For an application, please contact:**  
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**A HEALTHIER YOU™**  
2002 LEGACY AWARDS

# healthy**campus**award

The Healthy Campus Initiative serves to promote, protect, and improve the health and well being of students through implementation of science based environmental and behavioral change strategies. Partnerships and networking on campuses as well as with community and state organizations enable accomplishment of this mission.



## > category definitions

policy	infrastructure	outcomes
Written campus policy and procedures	Basic facilities, equipment, resources & environmental supports provided by the campus	Expected changes that will result from the implementation of the program/activity and methods to measure progress

## > general campus

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <li>Resolution to participate in Healthy Campus Award Program</li> </ul>	<ul style="list-style-type: none"> <li>Campus-wide health/wellness coalition addressing each of the 5 health topic areas</li> <li>Existence of health/wellness website for students</li> <li>Regular health/wellness messages to students through appropriate media</li> <li>Faculty incorporates Health information into class curriculum</li> <li>Provide training program on health issues for students, faculty &amp; staff</li> <li>Campuses actively involved in distributing brochures/pamphlets on a variety of health related information to the students</li> </ul>	<ul style="list-style-type: none"> <li>Increase media outreach on campus</li> <li>Outcomes are written for specific infrastructure area being evaluated with data providing demonstrable results</li> </ul>

## > nutrition

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <li>Develop and adopt action plan encouraging healthy food and beverage choices on campus in cafeterias, vending machines, and at campus sponsored activities</li> <li>Policy that nutritional information about cafeteria offerings will be provided and posted in prominent cafeteria locations</li> </ul>	<ul style="list-style-type: none"> <li>Offer a variety of healthy food and beverage choices in cafeterias (public &amp; on campus housing) and vending</li> <li>Promotes healthy eating (signage, newspapers)</li> <li>Appropriate portion sizes will be served at the cafeteria</li> <li>Eating disorder counseling is provided to students</li> <li>Sound nutrition information is posted in cafeteria, such as the Food Guide Pyramid, 5-A-Day, or the Dietary Guidelines for Americans</li> <li>Student Health services screen students on their nutritional status</li> <li>Information on nutrition available throughout campus, including campus websites</li> </ul>	<ul style="list-style-type: none"> <li>Increase number of students getting 5 servings of fruits &amp; vegetables daily</li> <li>Increase number of healthy food &amp; beverage choices available on campus</li> <li>Survey results showing maintenance or reduction in rate of overweight/obesity</li> </ul>

## > safety

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <li>Policy that works toward all sidewalks and crosswalks meeting Americans with Disabilities Act requirement</li> <li>Policy requiring sidewalks to be cleared of snow and vegetation</li> <li>Policy requiring defensive driving training for employees driving company vehicles</li> <li>Safety policies distributed to all students and employees</li> </ul>	<ul style="list-style-type: none"> <li>Existence of bike lanes where appropriate</li> <li>Promotion of bike-board-blade helmet use</li> <li>Campus-wide emergency phones and adequate lighting</li> <li>Security escort service</li> <li>Access to domestic violence, rape, and sexual assault victim prevention education and services</li> <li>Domestic violence and rape and sexual assault prevention and education services</li> <li>Safe cross-walks</li> <li>Traffic safety laws are actively enforced</li> <li>Existence of injury prevention program</li> </ul>	<ul style="list-style-type: none"> <li>Increase or maintain number of bike lanes</li> <li>Increase percentage of observed use of bike-board-blade helmet use</li> <li>Decrease or eliminate incidence of domestic violence, rape and sexual assault and other violent crimes on campus</li> <li>Increase in number of students aware of domestic violence and rape and sexual assault prevention and victim services</li> </ul>

## > preventives services

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <li>Policy that promotes access for students to be current on recommended immunizations</li> <li>Policy to require student health services for students (either on or off campus)</li> <li>Immunization requirement</li> <li>Provide information regarding available dental insurance and health insurance which includes prenatal care, family planning and mental health</li> </ul>	<ul style="list-style-type: none"> <li>Provide information regarding family planning services</li> <li>Prenatal services, including breastfeeding and lactation promotion and referral, are available to students</li> <li>Promote and provide age appropriate health/mental health screenings &amp; services</li> <li>Provide educational classes, prevention programs, or an annual event in each of the 5 health focus areas</li> </ul>	<ul style="list-style-type: none"> <li>Increase or maintain percent of students who are covered by health insurance</li> <li>Show improvements in screening rates, early detection and prevention practices for students</li> <li>Students receive age-specific recommended screenings</li> <li>Preventive services provided on campus such as flu shots, etc.</li> </ul>

## > physical activity

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <li>Health class/PA requirement for graduation</li> <li>Develop &amp; adopt action plan to promote physical activity for campus commuting</li> <li>Develop &amp; adopt an action plan addressing increased opportunities for students to be more physically active</li> <li>Comply with pedestrian safety standards</li> </ul>	<ul style="list-style-type: none"> <li>Bike racks accessible on campus</li> <li>Access to gym facilities, weight room, etc</li> <li>Equipment rental for recreational activities</li> <li>Gold Medal Mile event/course/promotion</li> <li>Marked or mapped walking routes on campus (measure distances between bldgs. &amp; provide map)</li> <li>Improve the signage, and/or provide informational materials that promote walking routes, stair usage &amp; physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Increase percentage of students who walk, wheel, or ride a bike for transportation</li> <li>Increase students reporting awareness and/or use of walking routes on campus</li> <li>Increase number of students who report use of campus physical activity facilities and environments</li> <li>Survey results show increase in rate of physical activity participation</li> </ul>